

FOOD FOR THOUGHT KIDS COOKING CLASSES



5 FREE Hands-on Cooking Classes

Kids ages 9 - 12
(New participants only please)

Dates of 2018 Classes

March 12-16

July 16-20

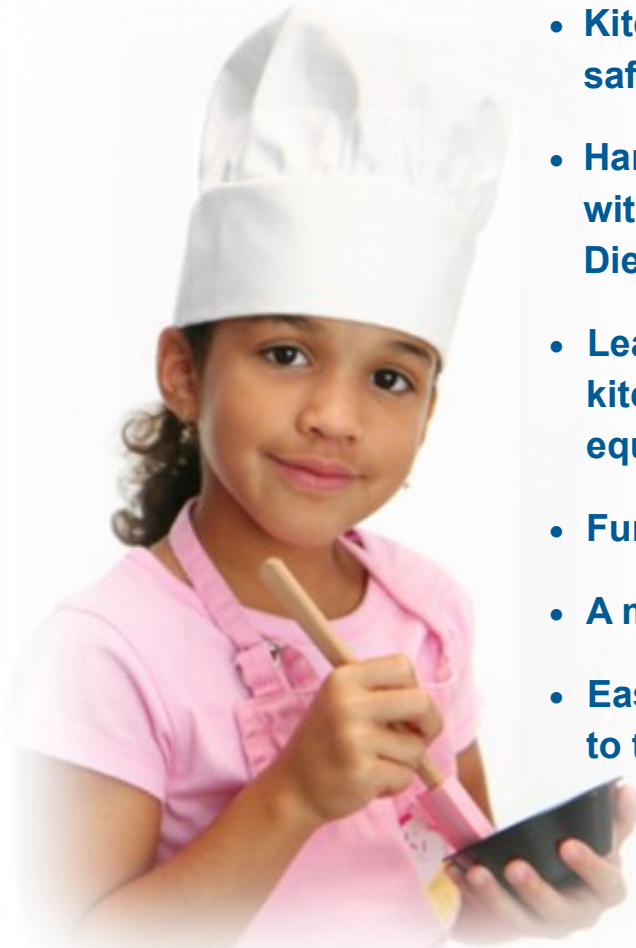
August 13-17

To register

Call the Healthy Life Line at
613-966-5500 ext. 610
TTY: 711 or 1-800-267-6511

FOOD FOR THOUGHT KIDS COOKING CLASSES

FREE classes include:



- Kitchen and knife safety lessons
- Hands-on cooking with Registered Dietitians
- Learning to use basic kitchen tools and equipment
- Fun with peers
- A meal to share
- Easy, healthy recipes to take home

Join us at
Hastings Prince Edward Public Health
179 North Park Street, Belleville.